



"A welcoming House where people can build individual and community capacity through learning and connecting with others"

Term 4 Newsletter 2010

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Members of the Craft Group travelled by train to Melbourne to the Craft & Quilt Fair at the Melbourne Exhibition Centre.

Many new ideas came from the day. The quilt display was very popular in gaining inspiration for the group's current quilting project.

Pictured: Leonie Lucas admiring the beautiful quilts at the Craft & Quilt Fair in Melbourne.

Become a Volunteer!

Volunteering is a rewarding experience and a way to connect with your community while learning new skills.

The Colac Neighbourhood House welcomes community members to join as volunteers.

We value the contribution of volunteers in assisting with daily reception duties, the strategic direction of the House as a member of our Advisory Group, organizing and assisting with events, helping with groups and learning new skills or sharing your talents. We would love to hear from you!



Volunteer of the Month

Congratulations to Lila Skinner on receiving the Volunteer of the Month Award for September. Lila is a highly valued member of our team!

Pictured: Leanne Clarke, Lila Skinner and Lynette Bolton



Baking scones for a Volunteer morning tea.

Pictured: Lynette Bolton, Lynette Farquhar and Lila Skinner

Art - Drawing

Dates: 16th, 23rd, 30th October and 6th November.

Time: 1-4pm

Cost: \$70 (or \$55 concession) plus materials (ask at Reception for a comprehensive course outline)

Tutor: Salvina Conti

Introduction to Portraiture - Learn to draw the anatomy of the head, proportioning, shading and a self portrait in this introductory 4 week workshop

All enrolments must be received by Monday, 11th October



Christmas Cards

Date: 25th October 2010

Time: 1-3pm

Cost: \$15 (includes tuition, equipment and materials to make 3 cards)

Learn how stamp, cut and create your own personalized Christmas cards. No previous knowledge required!

All enrolments must be received by Friday 15th October

Computers for the Terrified

Dates: Weekly from Monday, 11th October – 15th November.

Time: 10am-12noon

Cost: \$75 (\$55 concession) for 6 week course

Feel like you have been left behind in the technology revolution? Would you like to learn a little more about how computers work and how to complete basic tasks? Then this course is for you!

Tutor: Pam Clark

All enrolments must be received by Monday, 11th October



Wednesday Painters

Dates: each Wednesday

Time: 12:30-3:30pm

Cost: \$2 (Members free)

Materials: own to be supplied

Bring along your painting projects to work on and inspire each other. (No tutor at these sessions)



No Dig Garden Workshop

Step 1: Line box with paper



Step 2: Alternate layers with straw, compost and soil



Step 3: Plant out new seedlings, water, grow, eat and enjoy!!!

Laughter Yoga Facilitators Course

Date: Saturday 9th and Sunday 10th October 2010

Time: 10:00am-5:00pm

Cost: \$145

Tutor: Julie Hart

Become a certified Laughter Yoga leader in this 2 day workshop to be held at the Colac Neighbourhood House. Ask reception for further details.

All enrolments must be received by Monday, 4th October

Christmas Cake Decoration

Learn how to decorate a cake to share with family on Christmas day or give as a gift.

Register your interest in attending this course at the Colac Neighbourhood House.

Antz Pantz

Dates: Each Thursday during school terms

Time: 3-6pm

Cost: \$5/week

Tutor: Cherise Jettner

Enrolment: register your interest at Reception.

This is an exciting theatre and music group for people with disabilities to come along and share their talents and work towards performances for the local community.

Jam Making

Are you tired of seeing your fruit and vegetables going to waste?

Would you like to learn how to make jams and preserve?

Register your interest in attending this course at the Colac Neighbourhood House.

FREE Internet access during office hours at the Colac Neighbourhood House

SYCIC or Social Youth Connection in Colac

is a group that meets at the House once a fortnight. This group is for young people aged 15-18 who are keen to meet new people and be involved with regular social events. Activities include games, guest speakers and discussions, as well as providing the opportunity to run events. Applications for SYCIC 2010-11 are now open.

Youth Advocates

Aged 16-21? Want to see changes in the world? This could be around human rights, challenging homophobia, tackling climate change, raising awareness on under age drinking.....the sky's the limit! Colac Area Health is currently recruiting young people aged 16-21 who are interested in learning and running projects on a range of issues that affect the youth of today.

Diversity Project

The Diversity Project provides support for young people who identify as gay, bi-sexual or questioning in Colac. It is a gay-straight alliance so everyone aged 14-18 is welcome. Be involved with projects, groups and events that are run either in Colac, Warrnambool, Geelong or Melbourne. Opportunities include info sessions, trips, events and camps. Want to learn more? For all groups contact Joh Donkers on 0400131697 or jdonkers.cah@swarh.vic.gov.au

Women's Healing Circle

Dates: Wednesday 27th October

Time: 7-9pm

Cost: Gold coin donation appreciated to cover costs

The Colac Otway Women's Healing Circle has been meeting monthly for the past 6 months and the October meeting is a perfect opportunity to reflect on how this has been meeting women's needs and what direction this initiative can take in the future.

Come along and share your views, even if you have never attended and/ or fill in the survey monkey available on-line or through the CNH.



Admiring the handcrafted dragon at the Forrest & District Neighbourhood House on a recent volunteer excursion.

Lynette Bolton, Leanne Clark, Lila Skinner, Caroline Rowlands and Lynette Farquhar



Greening Your Cleaning

Date: Thursday 14th October

Time: 1-2pm

Cost: Free

Tutor: Andrew Lucas

Learn about natural alternatives to 'normal' household cleaners, shampoo and making your own cream cleansers in this informative workshop.

RSVP to reception by Friday 8th October

Composting Workshop

Date: Friday 19th November

Time: 1:30-2:30pm

Cost: Gold coin donation to raise money for the Community Garden

Tutor: Justin Roberts

Learn different methods of composting to improve your soil. Hot composting, traditional smelly compost and worm farming.

RSVP to reception by Friday 12th November

Girls on the Go

Is an 8 week program for young women in Year 7, which looks at Body Image, Healthy Eating, Physical Activity and positive Mental Health messages. A great way to meet new people and try new activities. This program runs on a Wednesday after school hours.

For more information contact Joh Donkers on 0400131697 or jdonkers.cah@swarh.vic.gov.au

Young Men's Program

Runs during Term 4, school Holidays and Term 1, 2011. Is for 12-14 year olds, meeting fortnightly after school hours at the Neighbourhood House.

Sessions will include: games, trips, guest speakers and other activities.

For all groups contact Joh Donkers on 0400131697 or jdonkers.cah@swarh.vic.gov.au

Women on the Move

A social group for women who would like to share in activities and excursions together.

How do I join? Come along each Monday, 1:00-3:00pm

*Become a member
of the House for
\$10/year (\$5
concession)
enquire at
reception*

Social Walking Group

meets at the House each Monday morning for a short walk around the town.

How do I join? Come along and meet in Reception area each Monday from 9:15 until 9:45am during school terms.

Cost FREE!!!

Breast and Ovarian Cancer Support Group

Provides an informative and supported environment for people with Breast or Ovarian Cancer.

Dates: 20th September, 18th October and 15th November (3rd Monday of the month)

Time: 7-10pm

Venue: Colac
Neighbourhood House

Bubs @ the Hub

Dates: Mondays during school term.

Time: 10am-12noon

Contact Lyn or Janice at Colac Area Health by telephoning 5232 5140.

A social group for young mums (under 25) to join with their children in activities and information sessions together.

Community Kitchens

Would you like to join in cooking healthy, low cost meals while meeting new people?

How do I join? Come along each Thursday during school term from 9:30am-1pm. (Come at 11am the first week to meet the group and plan next week's meal)

Cost:

Meals: approximately \$5/week (for two serves)

Group: \$2/week, Members free.



**Cooking up a storm at
Community Kitchens**

Craft Group

Dates: Fridays during school term

Time: 11am-2pm

Cost: \$2/week (Members free)

Tutor: Andrea Robbins

Bring your lunch and join in weekly craft projects with our friendly tutor, Andrea.

Thursday Night Social UFO Group

Dates: Each Thursday night during school terms

Time: 7-10pm

Cost: \$2 (Members free)

Materials: BYO UFO's

Do you have unfinished objects lurking in your cupboards? It may be a painting that needs the final touches, or a scrapbooking or craft project? Come along and spend a social evening working on your UFO's in a friendly and creative environment.

(No tutor at these sessions)

Cancer Support Group

Dates: Tuesdays weekly

Time: 1-3pm

Cost: Gold coin donation

Venue: Community Learning Centre (behind the Colac Neighbourhood House)

A friendly, social group to meet with people who are affected by cancer. Come along for a cuppa and a chat in a supportive environment.

Play and Learn

Dates: Wednesdays during school term

Time: 10am-12noon

Further information: contact Otway Community College
Telephone: 52319500

Return to study group for parents with preschool children

This group was developed as a partnership between Otway Community College, Glastonbury, Neighbourhood Renewal and the Colac Neighbourhood House.

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Community Group Meetings

"Hippy" - Home Instruction for Parents of Preschool Youngsters meets fortnightly on a Tuesday 10am-12 noon **Enquiries** to Glastonbury. Telephone: 52314740

Colac Otway Ratepayers Association - Meets on the second Wednesday of the month, 7-10pm. **Enquiries** Rod Spence; telephone: 52348325

Australian Plants Society - meets on the fourth Friday of the month, 7-9pm

Family and Relationship Centre - Information sessions for families affected by separation or divorce. Information sessions for 2010 will be held on 30th September, 28th October and 25th November from 1-2:30pm. **Contact** the Geelong Family and Relationship Centre to RSVP for one of these sessions. Telephone: 1300 656 043

U3A Scrabble Group - Meets Tuesdays (fortnightly), Contact U3A telephone: 5231 4435

Cherish - bereavement group for parents who have lost a child. Next group will be held on 27th July at 7pm.

Advisory Group

- ✓ Would you like to have more input into your local Neighbourhood House?
- ✓ Do you have skills you could share, or would you like to learn new skills?
- ✓ Do you have a spare two hours each month?

We are currently taking Expressions of Interest from community members to join our vibrant Advisory Group

Town by Town

Are you a member of a community group? Would you like to advertise your events for free? Please submit your typed articles to:

townbytowncolac@hotmail.com

This is a volunteer service run by the House for the local community.

